# Lester Levenson 2 hour 2 minute video

[Speaker 2] (0:16 - 0:47)

The following talks were recorded in 1984 during a nine-day intensive. These rare recordings were recorded on a home video camera on extended play. We have done our best to sharpen the image and balance the color, so that you can have the direct experience of Wester's message.

In order to get the most from these tapes, please listen to them with your heart and leave your head aside. Enjoy.

[Speaker 1] (0:53 - 2:48)

...in a way that will help you identify better with that which you really are, and with a lot of helpful hints on how to identify with the real you, the you that never ever changes, the you that's all complete perfect. The you that you're trying to get to in everything you're doing. The you that you're looking for where it isn't externally.

One reason why I say it's easy is because you're trying to find you. How difficult is that? Also, you're every moment experiencing the real you, plus every moment looking away from it, but you can't help but experience the real you, and you say, I, that's it, I am.

It's the beingness that you are that is you. How many of you would expect to have these carcasses a thousand years from now? A hundred years from now?

Even fifty years from now? We have one person. Marilyn Monroe is all about it.

[Speaker 4] (2:50 - 2:52)

I'll be your age. I'll be your age.

[Speaker 1] (2:53 - 3:15)

You can stay eighteen all your life if you want to. And if you really love the body that much, you do it. You can stay eighteen all your life.

Maybe sixteen, I don't know.

[Speaker 4] (3:17 - 3:18)

Twenty-five.

[Speaker 1] (3:22 - 35:31)

But we should look toward the part that we really are. Bring it out. Identify with it.

Make it part of our conscious living. I am I. Get the sense of only I, I, I, I, I am.

I am that I am. Are you? You say yes.

Okay, that's it, just be that only. And you're in the ultimate state that you're all the time striving for with misery. Misery is moving away from that state.

The only happiness there is, is being. And you're being this. What you've heard me say is just quieting the mind through satisfying the desire.

And when the mind is quiet, you're just being. And that's the happiness you feel. That's the only happiness there is.

How many have discovered that yet? That there's only one single happiness. That's when you're being your beingness.

Okay, that's as big as this because it should alleviate, do away with all that effort looking for it out there in a million different directions. Now that doesn't stop you from doing what you're doing out there. It doesn't matter what you do.

What matters is your attitude toward it, your understanding of it. But it sure makes life easier when you identify with your beingness. Try to get yourself placed on the scale of where you are.

It's good to see yourself objectively, which you're probably discovering with the TV. There's a double benefit you get from the skits. One is when you start, all your garbage, your emotions come up for releasing.

And then when you watch it, it's entirely different, isn't it? When you watch it. Because the first part is very subjective.

It's me with all my pet garbage. And it's not what it looks like objectively. We don't see ourselves the way we really are.

So when we come back and look at it, we want to hide most of this, don't we? That's not me. I didn't do that.

But you see yourself objectively. It helps you move into the points of garbage that you are very much avoiding. So when you identify as to where you are and you see it objectively, you can say, boy, I'm on the first step or I'm on the tenth step.

I've got to move. So identifying is part of seeing yourself objectively. And there's three parts that you think you are.

You are, that's your beingness, that's the real part of you, which sets up your mind and then develops all these programs over the ages. And the programs motivate the

thinking. And the programs are your feelings.

I don't know whether any part of the world of psychology and psychiatry today accepts feelings as programs. They're so blinded as to what they are. I think they accept them as being natural and right.

Just adjust them a little bit so things get a little better. But feelings are simply programs, subconscious automated programs of how we react to the external world. And every one of them has been put in as a pro-survival program in order to keep the body surviving.

How many of you have seen that, that all these feelings are survival programs? Well, that's great. You get to see how silly it is when you're trying to survive a situation that you are eternal in.

And that's what you're doing. You've got no choice, you're eternal. And all this struggle trying to survive.

But where is the error? What are you trying to survive? The carcass.

As I used to say, if you're driving around in a car, it's your case. It's got you closed in there. So has this car case.

So in your beingness, you create your mind and start programming everything. And you think you are the body and you think the world is external to you after you have created it. You let go of remembering that you created this whole thing.

It's all created here in your mind. Change the picture mentally and instantly changes out there. It's called a miracle.

I believe most of you have experienced instantaneous changes out there. How many have experienced? What am I talking for, you know?

But there's nothing out there but the sum total thinkingness most of which is self-conscious and therein lies the problem. Self-conscious means simply we do not want to look at it. The mind is a tremendous mystery to the world because they don't understand what it is.

They can't see the simplicity of it. It's the sum total of all your feelings and thoughts, that's all. That's how simple it is.

It's a collection of your feelings and thoughts. And everything you experience is via the mind. Go unconscious, the mind's out of the way, there's no experiencing.

So try to identify where you are at. Well, most of the time are you identifying with your body and the world? The answer is yes.

Wouldn't let you answer that one. But you can make it otherwise. You continue in what you're doing but shift your identity from being the body just to being.

Identify with your beingness and you just sit back and you watch the world go by. You get into the state of witnessing. You don't even feel yourself moving because you cannot.

You're omnipresent. When you identify with your beingness you discover that you're everywhere present in the entire universe. And should you choose you can take a look, see anywhere in the universe without moving because you're there.

You don't even have to do astral travel. You're omnipresent. Astral travel is in the mind.

Astral body, mind are almost one in the same thing. So identify where you're at. Make a decision to cut the journey short.

Go free. Why agony when you can be free? So the real you is the beingness, the ego you is two and three, your mind and your body.

And the three states that you identify with are beingness, doingness and havingness. And with this you can relate to the chart of emotions. Apathy, grief, fear are down in havingness only.

When you're down there you think your welfare, your wherewithal depends on how much you can have and you spend all your time trying to make and have. You move up into lust, anger, pride, courageousness. You move into a doingness.

Instead of thinking your welfare lies in having you feel you got to be a doer. Of course that's an advanced state. Only five percent of us are doers.

Ninety-five percent of us are wanting to have. When we're down so low we put ourselves in the in the state of being a slave. We must have a job.

Someone must tell us what to do and give us the food that we eat and the money to get our lodgings. The only reason why people work in jobs is that we have a slave consciousness. We're down in a havingness.

Apathy, grief, and fear. That's where most people are riding the majority of times. Move up into courageousness, pride, anger, and lust.

Then you get to be a doer. Which is a much freer state than being a slave. And when you get into the state of I can do you've got enough wish and will to move to the top.

Because you discover when you're just quiet in being that's the nicest thing there is. And what the doingness energy you'll work harder to drop the remaining limitations, the agflat so that you can remain in just the being all the time. Now that sense of beingness

is not related to the world.

It's related to how you look at the world. You watch the world go by. You watch yourself.

You watch your own body moving around like you now watch other bodies. You'll see your body objectable to you like you see other bodies objected to you. So try to move up to constantly identifying with your beingness.

Hold that I am or I, I, I only. I am my beingness. I am.

I am, I amness. And then when you get to be a doer The water's not going to come down, is it? When you get to be the doer then try to see that you're not the doer.

That all that is objective to you. Try to take the attitude I am not the doer. And what happens there is you let go of the ego sense of doing and shift into allowing the higher power or whatever you call it to do it.

In religion they say let go, let God. Can he do it? Yeah, he can do everything.

when you let go of your ego sense you automatically move into your beingness. And that takes care of everything with no effort. And your life becomes totally effortless.

And start from taking all your happiness from you. Recognize that every joy you have is that nice quiet place of just being where your desires are out of the way. Even though you're taking pleasure from the world try to recognize that that pleasure is you being you.

Your mind is quiet. Now on the way we should identify with everyone as being us. See everyone as you.

And that's what happens when you see that you are beingness and that your beingness is all beingness so it includes everyone. So you see other people as you. Then try to identify with everything out there every atom as you.

Because it's your making and when you identify with it you'll get to see that you created everything you're experiencing. It's all in your mind all you're experiencing. It's all in your creative mechanism.

Mind is only creative. Creates the thoughts that we hold in mind. And in the end knowing means being.

You can't get to know yourself. That's two things. I knowing myself I am myself.

So the ultimate knowing drops away into being. All knowledge drops away into being. You let go of all the accumulation that you spent lifetimes accumulating in a way of knowledge because it's all lesser knowledge than omniscience.

It's all limited knowledge limited by the mind and you let it go and you discover you're omniscience you're all knowingness after which you don't have to work hard thinking there's no more thinking you're knowing and in knowingness there's no thinkingness. So see nothing out there but you're some total thinkingness. By the way I think it'd be good if you'd write this down to be used in the future as a reminder as a refresher.

Did everyone get the first chart or anyone who did not get the first part write it down you can use this in the future this is stuff I believe you don't read in books or do you read in books? Not many. They'll give it to you in one sentence but not broken down this way so it's good to have it where you can keep looking at it until you become it with a capital I this is taking responsibility for everything that happens to you what did I do to cause this awful thing develop that habit and your initiating thoughts will start coming up and you'll release them so that negative happenings out there will stop the less negative happenings the more positive happenings the quieter your life is the easier it is to go on if you're constantly being plagued by death facing you it's difficult to release but if your life is easy you're in a better place to release you're not so fearful of your programs anymore you'll be able to allow up the bottom program of the fear of dying the fear of living and release it and when you continue this see nothing out there but your some total thinkingness then you discover there is in actuality nothing out there but my beingness which reminds me of Biba Kananda he said when you get to the end of the line you discover there never was anything but I all alone I my beingness is the totality of all beingness and that's the only real thing there is your beingness never ever changes your beingness is eternal and because it never changes it's the only truth if something changes it was not true the moment before or for a thing to be true it has to remain as it is and the only thing you will ever experience that does not change is your beingness which you are right now identify and move toward your beingness and you reach the point where you begin to see no objectivity nothing's apart from me there's nothing out there but my sum total thinkingness you are me every atom in the universe is me is what you will see as you stay as you identify with your beingness here we are trying to scratch the little pieces of it and the totality of it is ours our creation so we work and work and release and release until there are no thoughts now everyone of you experience moments when there are no thoughts and it's a tremendous state but as long as there's a piece of garbage left it comes into play and pulls you away from that nice quiet place and some of us think it's the noise out there that's real not the beingness and we move away from rather than try to stay in the state of beingness and when you get there you'll be intuitive only you'll operate in the world without thinking you'll be offensive to no one you'll have answers for everyone you can talk to people on their subject and help them and as you're doing it you're watching your body talking and answering their questions and you're listening to it just like they are sometimes you say wow that sounds good so do not identify with your body and mind what's left your beingness your is-ness your are-ness your am-ness your existence-ness that's the part of you that's real whole, complete perfect, eternal that's the part of you you're struggling to

get to in everything you're doing you'll never rest until you get there summed up have no attachments and no aversions and you'll have everything you'll have the all the universe will be yours why?

it's your universe you created it it was yours in the first place and this is a little bait because you're wanting so many things i'm telling you you can have a piece of real estate you can have the whole world you can have all the other world you can have the omniverse that you release because it's your creation you can duplicate and make two of these two omniverses so of course when you get there why do you want to carry that load on your back you don't you let it be and you just remain identifying with your beingness which is the greatest thing there is barring not see if there's more right here are words indicating the free state this can help you in setting your goal the word i like best is imperturbability the place where nothing can ever disturb you again the place where no person can disturb you you just look at the other one and you allow the other one to be and want what the other one wants and it doesn't disturb you one iota even if they want to kill you how can it disturb you, you're eternal the greatest disturber of everything the cause of all turbulence of the mind perturbations masturbations everything is desire it just spins us into this tremendous swirl of what we're into aim for desirelessness aim to release all your desires try to move towards less and less effort now of course you gotta move up out of the having the state into the doing this state before you try to make things effortless but when you let go and identify what you're being this things become effortless and as I guess mostly I've heard you say every impossible no matter how impossible becomes immediately possible when we are completely released on it and you know you're completely released when you just don't give a hoot every impossible no matter how impossible becomes immediately possible when we are completely released on it and you know you're completely released when you just don't give a hoot the sense of action lessness of not being the doer work toward that and toward witnessing everything that's happening sit back and be the witness of it but when you reach the top all these things are in place that's the way you will be those are the five words that I like best for the top state you might have some other words you could add to it and so to close on a sense of humor which most of you have seen after grief fear lost anger pride courageousness acceptance and peace we must get rid of the ag flap in order to cap it and coming from this side cap spells pac and this is the pac man the cap is the pac man that gobbles up the ag flap but you need to get up here to gobble that up completely it's from the high points that you reach down into suppressed fear of dying allow it up so you can let it out ok that's the end of my talk for today be yourself you've got no choice no matter how much you try otherwise you always end up eventually just being yourself only so why not now why take time ok thank you

[Speaker 2] (35:46 - 36:18)

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best to sharpen the image and balance the color so that you can have the direct experience of wester's message in order to get the most from these tapes please listen to them with your heart and leave your head aside enjoy

[Speaker 1] (36:22 - 40:05)

I'll take you on the major roller coaster ride that we are on and have taken it's interesting your daily lives are roller coasting all the time it might be that the archetypical thing was the original roller coaster ride but we should know intellectually the whole complete picture which when we do I think it better helps us place ourselves better helps us move in a direction of getting off the roller coaster if you can imagine it life should be straight line not even that a point just never move never act never do and that is the ultimate state yet if you have concocted a body or bodies they go on without you doing a thing your body moves the world moves and you do not do a thing you just sit back and watch it all so this concept of being still being a point or better than that being every point without moving does not take away from you your dear dear world that you hold on to for life which is your nemesis so I know some of you have seen this before probably more than once but if there is anything I do it's say the same thing over and over and over and over and over and over and over and over again and I wonder why don't you hear me or if you do why don't you just do it and the doing is really undoing of the doing so you can remain still and just be and be and be and be does that remind you of a song if I could be and be and be and be if I could be even as this needs a change of lyrics a bit but what I'm really doing I see is introducing mantra any of you anyone here do mantra or have done mantra I'll give you something if I could be and be and be and be I ain't got nobody misbehaving all by myself that's it

[Speaker 7] (40:08 - 40:09)

there's a lot more

[Speaker 1] (40:13 - 40:48)

there's a lot more are. But the whole concept of mantra is to get your mind in the direction and try to quiet it by holding it on that one direction so that the other direction would drop away.

Be wonderful if they would. But mantra is good if you have a very noisy mind to get it quiet. I gave Marilyn Rodak a good one didn't I?

[Speaker 4] (40:49 - 40:50)

Which one?

[Speaker 1] (40:51 - 40:55)

I am I. I am I. No I got to be.

[Speaker 4] (40:55 - 40:56)

You got to be free.

[Speaker 1] (40:58 - 41:00)

I got to be free? Or I got to be me?

[Speaker 4] (41:00 - 41:05)

You can change the song. You can change the song from I got to be me to I got to be free.

[Speaker 1] (41:06 - 41:10)

Oh I got to be free. I got to be free. You could also.

[Speaker 4] (41:10 - 41:11)

Give me a I am I.

[Speaker 1] (41:13 - 42:00)

I got to be me. I don't know how that would fit for you. But the one I like best I just heard.

I am I. I am I. I am I.

I am I. I am I. I am I.

[Speaker 5] (42:00 - 42:07)

I am I. I am I. I am I.

I am I. I am I. I am I.

I am I.

[Speaker 1] (42:10 - 49:08)

So this roller coaster that we, I decided I didn't take a ride on. We start off in being only beingness. If you can imagine what that's like and you cannot.

The mind cannot see beyond the mind. Mind is a come down from beingness. So when you try to imagine it, it's impossible.

But how many of you have experienced just being your beingness? I'd like to see a show of hands. That's almost all of us.

There isn't a moment when you're not. There isn't a moment when you're not experiencing your beingness. And this is what you're looking for.

In your every act in life, you're looking for your beingness. And what is it? You call it yourself, regular capital S.

When I am just myself only, I am my beingness. And you can't help but be yourself. You cannot help but be your beingness.

So what do we do? We take a sleigh ride, or a coaster ride, by this nice, even, perfect, wonderful spot. We start moving out.

And we take a real downward ride. Go to a bottom. And then ride back again.

In this all perfect state of beingness, in order to get into difficulty, we create what we call our mind. So right at the beginning here, we set up a mind. It's only an instrument to separate.

Only an instrument to create differences, parts primarily, after which the more parts we create, the more it hurts. So after we create this mind, we do everything to get back to the beingness with the mind. But the mind cannot do it because it's lower than beingness.

But what the mind can do is direct you toward letting go of the mind so that you can just only be. But once we start out, that's not enough. We set up a body.

The first body is a causal body. It's a delightful body because there every concept, every idea we have is instantaneously fulfilled. Every concept is instantaneously fulfilled.

And there's not too much motivation to get out of that causal body. And yet it's relatively easy to do it, to go back up. But what we do is we make a denser body called astral.

And here's where we really hang ourselves. I'm putting the neck right around that line. When we get down to the physical.

In the realm of time, this was started eons ago. In the realm of time, we've been hundreds of millions of years into the physical. This is how stubborn we are.

And theoretically, anytime anyone should choose, that one can go just right back up to the top. But as you've noticed, you get so caught up in your toys, in your externals, you just don't want to let go. So we develop all these externals more and more and more.

And the more we develop, the heavier we feel. The slower we get, the slower we move. Until you hit bottom, the state we are in, the physical.

It's the slowest, densest state possible until beings everywhere in the universe. We

cannot go slower, lower, denser than we are right now. So that's a great place to be.

We're halfway through. And we're actually, those of us using the method, are beginning to move up and out of the physical. We've chosen a time to come in when the incentives to get out of the physical are going to be the greatest.

[Speaker 7] (49:10 - 49:12)

And that's great.

[Speaker 1] (49:16 - 51:23)

Because it's when all the props are knocked out, all the external props are knocked out, that we say, enough, and we go back home. Home is up there. So you've chosen a wonderful time.

You couldn't have chosen a better time to come into the physical realm. Because unconsciously we set it up, originally consciously, so that we will not be forever caught up in this heaviness, in this misery, in this limitation. And when we set it up, we can see ahead of time that you get so blinded you don't know where you're going.

And so we set up the automatic protective stops. That's the physical set up so that the physical can't work anymore. Now we have to go back up.

There's only one way to go. Up, when all the props are out. I don't know whether to mention it or not, but I will.

The leader of what's considered one of the most spiritual countries in the world, died this morning. By whom? Two of our guards.

They were Sikhs. Two of our personal guards who were Sikhs.

[Speaker 5] (51:23 - 51:23)

What Sikhs?

[Speaker 1] (51:24 - 54:15)

S-I-K-H. A Sikh group in India that kind of stepped aside from Hinduism and are seeking their way. But it's not spelled S-E-E-K, it's S-I-K-H.

They're a big group there and they're trying to separate their part of the land from India. So there was a battle going on. But the irony of it, who did it?

Her closest personal guard. What I'm saying to you is there are no safeties in this world and what are you doing every day? You're trying to make it safe.

Even if you get to be the head of one of the most spiritual, one of the largest countries, you still can't be safe. Until you identify with your beingness. And when you do, you will have the absolute safety there is.

You're untouchable, immortal, whole perfect. So try not to hold on to this physical carcass with the intensity that you do. Start looking towards moving up.

You'll move back into the astral. When you get up there, it's different from here. Here you're looking in a downward direction all the time.

Here you keep your direction up. And when you do it enough, you get to be a Christ, a Buddha, back in the causal. That's where they are.

And where they are is such a thin line from just beingness only. Should they choose to go over the line, they can do it. But they get caught up in wanting to help the world so that they, ones who start helping, seem to hang around for thousands and thousands of years.

But they do it in a very comfortable body, the causal body. So, be caused.

[Speaker 5] (54:19 - 54:24)

And what about you, Lester?

[Speaker 4] (54:26 - 54:27)

Are you in the causal?

[Speaker 1] (54:29 - 55:01)

If I were in the causal, I wouldn't be talking to you. When I say you, I mean the world. I sat in it for years and then came out to do my duty to God and my country, obey all the laws and do good.

In other words, you were drafted. But I volunteered for it. You have to volunteer originally.

[Speaker 5] (55:03 - 55:03)

Causal.

[Speaker 1] (55:14 - 58:10)

But once you sit in that quiet state, it never leaves you. And it's extremely difficult to stay with the noise. I still have to use radio, news, read the newspapers, know what's going on in the world and so forth.

Because if I don't, I just automatically float up. And if you would ask me questions, I'd look at you and just smile. Because there are really no answers to the questions you're asking.

You're asking me, well, why shouldn't we be limited the way we are? Why shouldn't we have all these troubles? Why shouldn't we have this heavy body?

Why shouldn't we suffer? Why shouldn't we... That's why every question that you put to me sounds like...

And in the early days, that was the way I used to ask questions, answer questions. I wasn't even aware of it until an awfully sweet girl who worked with her husband at the Valley Verde School said to me, oh, Lester, you're so rude. I said, am I?

She said, you certainly are. I didn't know why, so I had to ask her why. She said, I just asked you a question a few minutes ago and you looked at me and smiled.

You didn't even answer me. Then I asked you a second question and you did the same thing. Then I asked you a third question and you did the same thing.

That is rude. And I said, gee, she's right, but I still don't think it's rude. I said, could we ask them over again?

She didn't want to. But I did try to answer her questions more so. This happened in Phoenix in a restaurant.

I came back to Sedona. I asked closer ones, when you ask me questions sometimes, do I just look at you and smile? And they said, yeah.

I said, why don't you say something about it? This was Reverend Lindsey. He said, oh, I understand.

And another fellow told me the same thing. It was only then that I realized I was not answering the great majority of questions, but I was answering, see, where I was coming from, with a smile. That smile is still worth that perfect being.

Of course, when you project that to the other person, it tends to lift them. But of course, I couldn't lift them high enough to agree with me. So they wanted an answer down in the pit.

So I had to learn how to talk pit language again.

[Speaker 3] (58:19 - 58:26)

That's good. So this is all pit talk, huh? Is that when you moved to New York?

Is that when you moved to New York?

[Speaker 1] (58:27 - 59:34)

Oh, no. Back in the early 60s, I began, I think it was really in 68, I began watching TV. Hour in, hour out.

One program after another. Until I could get my first feeling. And when I got the first feeling, I had a little tear in the corner of my eye.

I just jumped up and I applauded. But it took me until 1968 before I could do that. From 52 to 68.

Now, back in 52, I knew I would be doing what I'm doing. I had the whole picture. When you're there, there's no time.

You can see back a million years, forward a million years, or tomorrow. But I saw the picture and I knew I needed to come back. And it took me 18 years to get into the realm of thinkingness.

Whereas it took me three months to get out of it.

[Speaker 6] (59:35 - 59:35)

Hmm.

[Speaker 1] (59:40 - 1:00:28)

See, this is beingness. This is thinkingness. This is more of a doingness.

You're quite active there. And incidentally, when you dream, and you see your body, that is your astral body. And that astral body is the matrix for the physical body.

So it looks exactly like it.

[Speaker 3] (1:00:28 - 1:00:29)

Matrix means what?

[Speaker 1] (1:00:29 - 1:00:30)

Matrix.

[Speaker 3] (1:00:30 - 1:00:30)

Center?

[Speaker 1] (1:00:31 - 1:14:29)

Mother. Mother. It's the mother of this body.

It forms this body. And down here, we think we have to have in order to be. We start gathering the infinite universe back together by trying to own one spot.

Then more and more and more. And then when we think we have the world, like some of our leaders do, they want to take in the moon. And this week, NASA was talking about Mars.

They think the Russians will probably get there before us. If you get Mars, then you want the whole solar system. After that, you want the rest of it.

When you're in the realm of havingness. So when you're in havingness, and you start to do, it moves you up towards the astral. Now there's a difference between here and here.

When we're up in that top state, we're up there in sort of a passive way. And when we run the gamut of all this, we come back to it in a positive way. I think the best way I can explain that is like sickness.

If you're born healthy and you're healthy all your life, you appreciate sickness, health. You like it, it's nice, but you're not aware of the value of the health. However, when you're sick for a decade or two or three, and then you become healthy, you will always appreciate the state of health.

That's a positive knowing of what is health. Whereas if you're born healthy and remain healthy all the time, that's a passive knowing of what the state of health is. So when we run the gamut, we go out no more.

Because I live in a hell. And that's the state we're in here. The most limited, the most hellish state beings can ever get themselves into.

Because we're down here, we have a tremendous advantage. When you're in hell, the advantage is the incentive to get out of it. And we're plagued with it.

Peppered, like with bullets all the time, to get out of this state. And because of that, from here, we can go straight all the way back home. When we so decide.

I'll tell you this, once you get up into these nicer realms, you'll take eons. To go all the way. Things are nice.

Everything falls into line. You're conscious of the fact that you're going up without incentive to do it. And so the old programs hang on and keep us in this nice state for eons.

And yet we're never fully comfortable in any of these states until we get back there. We are always prodded by the memory of what it was at the beginning. So to avoid the endless...

You see, when you're in these states, you're highly sensitive. The majority of the time, everything is wonderful and wonderful. But when things are not, you feel them far more intensely than you can feel now.

Your feeling is totally concentrated on whatever that feeling is when you're up there. And by comparison to the harmony you're living in, it's extreme. It doesn't last, but when you hit it, and you will hit it, it's extreme.

And so you're occasionally going into a terrible feeling. How many people have read the autobiography of a yogi? I can use that book to allude to these things.

Here you take Yogananda. He was free before he was born. And at one time, he's going to visit one of the saints who's way out, and he meets him.

And all of a sudden, he drops down on the ground, and he's crying and screaming, Oh, please, give me an experience of God. From the high state, when you go into that non-godly state, it's excruciatingly painful. He threw himself on the ground with screaming.

He was writhing with the agony of not being one with God. Those are the things we go through in these higher states. So, what I'm trying to say is these states are awfully tempting.

And as you move up, some of these characters will invite you into it. My recommendation is bypass it all. Take this.

Get off the roller coaster. Go right back home. Being in the state we're in, any one of us can do it.

Remember, that's the tremendous advantage of being here in the physical. We can go straight back home. You can do it in a few months, a few years.

This lifetime, or many, many lifetimes. It's up to you. You make the choice.

Now, the majority of people on this earth, who do not have the Sedona Method, are going to take millions of years through the trial and error, through the hard way of smashing up everything, to show us that it doesn't lie in things. I think you can see that as our trouble today. We have materiality.

We were never so unhappy. Back in the days when I was a boy, a youth, hardly anyone had enough food. You can imagine that.

We were doled out to things like fruit, desserts. They were expensive. Things like cars, TVs, radios, airplanes, boats.

A very small percentage, probably less than 1%, of us had those things back in those days. But today, everyone has more than what the wealthiest man had back then. And

we think material things will bring happiness.

And we still do. We still go after them. Discover where the happiness is.

It's not in the thing. It's in letting go of the agony of not having it. Desire is an agony of lack.

It's letting go of the desire for having it that momentarily quiets our minds. And at that moment, we're just being. Discover where in lies your happiness.

You'll stop wasting your time. You'll stop pounding your head on brick walls. And you'll go direct for where it is, right where you are.

It's just you identifying with your beingness. Do you see why I say it's simple? It's the simplest thing in the universe.

The being. You are. That's how simple it is.

And when I say it's easy, what does it take for you to be you? Nothing. What does it take for you to be you?

Nothing. What effort does it take to be none? But look what you're choosing.

A tremendous effort to be otherwise, to be limited, to be sick, to be chasing after specks in the world when the whole universe is yours. So it is simple. It's you, your beingness.

And it's easy because you're there now. Effort has nothing to do with what I'm talking about. Effort is all the commotion you go through to be what you are not.

An extremely limited physical body. Spending almost all your time trying to keep it surviving. Even though it's so obvious that the body does not survive, everyone's spending 99% of that one's time trying to keep the body surviving.

It's a no-win proposition. And still we go after it. Do you see how brilliant our minds are?

Loose the mind. Stop the thought. By ridding yourself of the motivators of all the thoughts caused feelings.

No feelings and you're there. See how simple it is? And when you so decide to let go of your feelings, it's easy.

It's an accretion that takes tremendous effort to hold on to it. Become effortless right now and you're free. Let go of all your effort.

Every ounce of it is trying to be limited. Trying to be what you are not. It's simple.

You are it and it's easy. It takes no effort. Every ounce of effort you use is trying to be a

limited body.

Trying to keep it surviving even though you're not smart enough to know that it doesn't. If you were, you'd just give it it's just due. And you'd turn, focus all your attention on going free.

You would turn all your attention inward. Take all your joy from you. Which is the only place where it is in the first place.

So it's simple and it's easy. Everyone fights me on that. I think that's my biggest danger point.

I think more people want to kill me because I say it's simple and it's easy than anything else. What is it that wants to kill me?

[Speaker 6] (1:14:32 - 1:14:33)

The effort.

[Speaker 1] (1:14:35 - 1:14:52)

The ego, the effort, the mind, they're all one and the same thing. Ego equals mind, mind equals ego. You're so wanting to be a limited ego that when I suggest otherwise you want to kill me.

[Speaker 5] (1:14:57 - 1:14:58)

Isn't that silly?

[Speaker 4] (1:15:07 - 1:15:09)

Not from the ego point of view.

[Speaker 1] (1:15:13 - 1:17:56)

Well right back to ego, he must go. I don't know why everyone chooses to hang on to the misery. And as long as you're trying to get your joy from this world, for each ounce of pleasure you take you get pounds and pounds of pain.

For each ounce of pleasure you take you get pounds of pain. Putting it another way, for each ounce of pleasure you take you get pounded with pain. And you're all experiencing this, more or less.

Why not make the decision here and now to go free and let it be in a matter of weeks, months. And then to bait you I say, do you want to have? Have anything, without effort, if you're free.

You want to do? You can do anything, without effort, if you're free. So there is no giving up.

There's only a taking on more and more and more until you're infinite. So many of you think you're going to give up. You give up, like you do with food.

You give up your misery, that's how you give up. But you have not convinced yourself yet, to what I'm saying now. Because once you do, it's just a matter of months.

And you'll dump all the feelings and just be your beingness. Okay, I'm taking you on the rollercoaster ride, the main one. Of course what we do on these rides is we impose another rollercoaster.

Down here it's really sharp.

[Speaker 4] (1:18:01 - 1:18:08)

So on our way up we're going to see that we have a choice. Do you have a choice to go into the astral and the causal?

[Speaker 1] (1:18:13 - 1:18:18)

Can't you see it now? You don't think you have a choice?

[Speaker 4] (1:18:19 - 1:18:21)

I mean I don't know anything about the astral or the causal.

[Speaker 1] (1:18:23 - 1:29:41)

It's all in the mind. You're experiencing both of them right now. When you have an idea and you see it through to completion, the moment you have it, that's done by the causal part of you.

When things happen immediately, that's done in the astral part of you. Like in a night dream, whatever you think is immediate. And when it takes time and years, you're in the physical.

Nice to see you all. And soul to soul, you are me. I hope 1986 1986 is the year of almost total freedom, if not total freedom.

When you get to that place of total freedom, all the struggle is 100% gone. You don't have to work for a living. You don't even have to eat, but you will.

You don't have to breathe, but you will. You just sit back and in that greatest of all states, you'll just watch the world go by, knowing the one and only absolute truth. That which is ever change less.

That which is forever. And it is simply your beingness, which you have right now, but are looking away from. Isn't that simple?

Thou art that which thou art seeking. On that point you've heard me say you have no choice. You're whole, you're complete, you're infinite, you're omnipotent, you're omniscient, and you're omnipresent.

And again, on that point you have no choice. But you do have a choice to look away from it. 24 hours a day, 365 days a year, and as many years thereafter as you want, wish, desire, prefer.

There's nothing you have to do to be this terrific being that you are. But you do have to let go of being otherwise, which is simply getting up the devil, the Agflap, and just allowing it out. And when you do that, your mind goes quiet, and you just cannot help but identify with your beingness all the time.

So long as you have any Agflap, and Cap, the mind unconsciously is active 24 hours a day, on guard in order that you might survive. Of course when you let go of it, the big joke is you have no choice. You are eternal.

And you see that this whole thing is just one grand joke that you played upon yourself. I, the infinite beingness, set up my mind, which set up the body, which caused me to forget that I did it, and then I think I am victim of the body, the mind, and everything the mind's created. I've got a chart here, which I know some of you have seen before.

But until you can just remain up here, it bears repeating again and again until all this knowledge is your knowledge. This wonderful great being I was just talking of is the real you. It's simply the experience of I am.

If I say to you, are you, and you say yes, I say that's it, with a capital I. Don't do anything else. Just be that.

Just be your beingness. But you don't do it because you have programmed in to the computer called mind all these programs that are feelings that motivate all your thinking that are artificial, unnatural, and should not be there. Everything you're struggling for in life, all this happiness, is right here where I am.

Every ounce of joy you have is when you let go of a desire enough so that the mind goes quiet so you can just be, and that's the happiness you're feeling. It's not the person who helped you fulfill the desire so your mind could go quiet. It's the quieting of the mind that's the happiness.

It's not the thing that you created a lack of and then undid the lack. Your mind went quiet and you felt very happy about it. It was not the thing.

It was you quieting your mind so that you could just identify with your beingness. Isn't that simple? Question, why don't you all do it?

Want me to answer it? Stupid, stupid, stupid. Stupid, stupid, stupid.

More than that. You're just holding on to all, all the limitations. You're saying I'm this body.

I am this mind. And I am a victim of everything it has created. You're just holding on to that.

If you could just totally let go of it, you'd be free. Theoretically it's possible to go free in an instant. I don't know of anyone who's done it.

But you could do it in a matter of months, if you would. The six steps in a matter of months will take you all the way. The most important step is the first.

You've got to want freedom more than you want anything else in the world. The world is totally non-freedom. Someone described it like a, an oleander flower.

Beautiful, but every bit poisonous. Every ounce of pleasure or joy you try to take from this world, you get hurt with. And you do it again and again and again.

So stop looking for it where it isn't. Discover what your joy is. It's when your mind goes quiet and you're just being.

And from that point, from your beingness point, you can will out all the rest of it. All the power there is in the universe is right at your center when you say, I. But you add to it, I, I, I.

I. But when you say I, right there is all the power in the universe. Which is enough power to throw out the totality of the remaining programming feelings.

What I'm saying to you is a thing called willpower can be used. And willpower is just using this unlimited power that's yours all the time. It's just using it.

And as you have most likely discovered, the more you release, the more you can release, the deeper you can go and pull up heavier garbage. The more you release, the more you accept that you can use this willpower. But through your discrimination, you could put in this will to go free strong enough to dump the whole thing.

If not instantly, in a month or so. I recommend it. So here's the infinite you, all-knowing, all-powerful, and everywhere present.

And it's your beingness. And it's the experience I am. That's all it is.

But what you do is you set up a mind which has limitations. And the mind is the saboteur

and does all your separating from the oneness of the universe. And in order to do that, it sets up a body and all matter and all other things.

So you take the unlimited you. The moment you think, every thought has limitations. The moment you think, you are limiting yourself.

The more you think, the more you are limiting yourself.

[Speaker 7] (1:29:43 - 1:29:44)

Ah.

[Speaker 1] (1:29:48 - 1:53:41)

Someday you release the totality of your mind which includes all the memory. The memory is just unguarded in order to survive. And you let that go.

And from there on, you talk from your knowingness only. It's called intuition. And you can talk to anyone on any one subject and help that one advance in his or her subject.

And when you experience it, you hear yourself saying things and you say to yourself, wow, that's terrific. You listen to it as it's coming out of you. So you've probably experienced some of this already.

But there's no memory needed in omniscience. There's no need to think in all knowingness. The only thing you can do is voice it if you so choose.

This triangle is a spiritual symbol. They usually represent it as God descending down into man. And then the more spiritual ones reverse it this way.

And then it's man ascending into God. And the two of them make up the star. Six-sided star.

Which is a spiritual metaphysical symbol. Now in a free state, your mind goes quiet and you have no thoughts. Unless necessary, you feed them into your mind and through your mind to others.

But when nothing's going on, you have no thoughts. You spend your time being. And it's the nicest thing there is.

And that's what feels so good to you when you release and go high. Going high is just being. That's all it is.

And there there's no thoughts, no feelings. All knowledge is totally available to you. And your mind is totally quiet.

But as much as we get this at times, we don't think it's great enough. We hold on to this

limited state because it's so familiar to us. Our garbage smells good to us.

We're used to it. And we don't want to let go of it. It's familiar.

It feels like home. And so we hold on to this limited state with many, many thoughts and feelings. And everything we know is so limited, we can't get the answer to anything.

You take every science there is. It's changing all the time. We can't get one single answer that remains.

Whatever the science is, it keeps changing all the time. Do you know of any science that does not change? Hmm?

The science of man himself. You're right. Just understanding that you are beingness only.

And when you identify with that, there's no more change. When you look at the world, it's just a distant movie out there. A screen.

And the screen never changes. But you see those glittering shadows on that screen. But you know it's the screen that's out there, and it never changes.

And that's what happens to this world. You see the world that way. You see the screen of the cosmos on which all these pictures are projected from our minds.

But you know it's just space out there with all these flickerings and dickerings. So, with this limited knowing, our mind is very active. And we have moments of pleasure with a constant background of discontent, sorrow and misery.

Those moments of pleasure are when you satisfy a desire and the mind goes quiet. All the rest of the time, you've got this heavy real heaviness within all the time. Everyone has it no matter how successful they are in the world.

They feel this heaviness and are seeking a way out of it. Of course, we never ever let go until we get to the top. But, if you come this way, you get the ultimate joy constant with no sorrow with a sense of total fulfillment all the time and permanent satisfaction.

Don't think permanent satisfaction is adult state. It's just the opposite. It's the greatest, most fulfilling state there is, total satiation.

It's a beautiful resting place. But it is not being a zombie. It is not losing all ambition.

It's just the opposite of becoming the all. And when you are the all, you don't have to scratch for it every day. And in the end, you change only in identity and point of view.

You identify with your beingness only after that. And your point of view of the world is as I described before, a moving picture projected way out there on a constant screen called the cosmos. And you are aware that the screen never changes.

That the flickerings are just light and shadow like in a movie. On that permanent screen, which is the real thing, not the light and shadow. And you'll choose to go through life maybe doing what you did before.

Maybe going into a field of helping others. And maybe of just sitting out the duration of the physical body. And even if you are just sitting out the duration of the physical body, if you are sitting in a cave or on a mountain top, you are fully projecting to everyone else their infinite beingness and unconsciously supporting them in their going free.

So even those who go free and don't become active in life are really helping. In fact, they are helping so much. If it weren't for these few so-called masters, this earth would fly apart.

Why? The consciousness of 99% of us is such, it's really destructive. Every ounce of ag flap is destructive.

Our ag flap would disconnect all the atoms of this world and it would fly apart. It's only the few free ones who are holding the perfection of everything that hold the atoms together in this world. But as we move up the scale, as the world is doing, as we move into anger, and this is what's happening in the world, we begin to express the anger and that's what you are seeing.

If we could just step over the anger and get into pride, we wouldn't go through this stage of disrupting everything. I tell you what's going to happen because you do not need to go through what others will see as destructiveness. We clean up the old through our anger and so forth.

We knock out all the props and thereby get the incentive to go within and move up. So what's coming about is a beautiful evolution upward. If you don't go free by then, you're going to make yourself go free.

Because you, like half of them, may have a gun against your head. And the wanting not to be destroyed is incentive enough to make you go all the way so that you can transcend matter. Not only walk on coal, hot coals, but walk also on water and walk on air and walk through matter should you need it.

By everything being made unsecure, insecure, you'll learn how to release on it so you're master over it. You can walk through fire. You can walk through water.

You can walk underwater if you release all the cannots on it. Release the eye flap. So this is a wonderful thing that's about to happen.

Remember to use it to transcend it. It's coming out in bits. It's fire walking and things like that.

You see it on TV, the yogis. I saw one with an elephant standing on his chest. Now the ribs can't take the weight of an elephant.

I saw them on nails and somebody sitting on top. I once saw a man, he was an Indian from India, on a bed of nails, a big heavy chunk of concrete on top of him and another man with a sledgehammer broke the concrete right on him. When he got up he had no marks from the nails, from the spikes.

These things are beginning to come in because we will need in the not so distant future, by the end of the century which is only what's it, 14 years, the whole thing will be cleaned out, all the old and we will start the new way of life where we all look at each other with you are me. We are all one. It will be a beautiful harmonious way of life.

Compared to the way it is now. But once you get there you are still not home so there will be things bothering you but not nearly like they are now. We are in a constant state of being battered all the time.

It's only our thoughts of course. When we get there we stop attacking nature, destroying it and so forth. We get in tune with it and everything comes our way with ease.

We are fully aware of the beingness part of us which most of the world call the God part of us and we move in that direction consciously but far more slowly than you are moving now because there is a fire behind you and you are going to move much faster and that's what we have behind us now. There is a fire behind us driving us. So take advantage of the heaviness of this world.

Release it until there is no heaviness. Now when you are released you will see no heaviness in this world. You will see nothing but beautiful harmony all the time.

Everything that formerly looked bad was just the right thing that was needed to do something to that person to make them move in the right direction. So even as heavy as this world looks when you are released it looks harmonious to you and it really is but in the next phase it will be harmonious to every one of us. Now if we choose to move up and get into nicer worlds it could take hundreds and hundreds of millions of years for us to when we get here to move up to here.

The higher you go the less the incentive seems to impel you to move out of your boundaries. When you live here it feels good because whatever you think happens but still it is limitation. It will never satisfy.

You will spend your life mostly seeking God, the all, the one, whatever you call the ultimate. We call it freedom. And you can spend even millions here but it is a much easier nicer way of living.

You suffer far less but when you do it is very intense but you don't stay in it. You can

easily step out of it push it down but it will always prod you toward going up to here. So from your omnipresence you can see your body like you now see all other bodies.

Your body becomes objective to you whereas now you are very subject to the body. So you will see your body as one of the puppets out there like everyone else's body. But you don't go out of the body you cut the limitations of being a body and you recognize your omnipresence.

Right now you are everywhere present in this universe and you've got no choice on that except to look away from it and that's what you're doing. So when you move into omnipresence you could sit here and see the whole town of Sedona. You could also at the same time see Phoenix and at the same time see every city all the way to New York and see everything that's going on everywhere because your omnipresence is at every point.

I have recommended to some of you to read the autobiography of a yogi because he talks about these things. Yogananda went through these experiences and talks about them and the way he described it is that when you let go you're center everywhere circumference nowhere. So if you're centered everywhere you see everything at the same time.

You're not centered right through tubes here. There are no limitations except those that we impose on ourselves. So if you don't like let go of all limitations and you'll see.

Ag flap is all destructive. All, every bit of ag flap is destructive. And why don't we go around punching everybody?

We'll get destroyed. So we suppress our destructiveness. The majority of the world rides in apathy, grief and fear.

95% of the world. 5% gets up into lust, up into courageousness. That's the 5% that rules and runs the world.

That tiny, tiny fraction of 1% will get up into peace. So if you say why it's because we have overwhelmed ourselves with garbage. This world is a unique place in that we have more garbage than most other worlds.

But that's good. You wouldn't be here otherwise looking for a way out. Your attention is 24 hours a day on that body.

It's ag flap. Every feeling is a pro-survival feeling. Have you seen that?

More. More than that. 24 hours a day you're on guard in order to survive.

Your mind is never, ever quiet when you're trying to survive. Life or death all the time. But we don't look at it.

We call it unconscious or subconscious. But every feeling is pro-survival. As you move up, you let go of attachment to this body.

The importance of keeping the body surviving lets up and you dwell more in the mind state. Now remember, you're in all those states right now. Spending most of your awareness on the body.

Really the bottom line is the fear of dying. And when the feelings come up, release them until there are no more. I warn you though, if you get overwhelmed, release on approval and control until you're able to confront your fear of dying.

But it is a help. In bringing up the fear of dying, if you visualize yourself falling off a cliff, crashing in an airplane, walking in front of a truck, getting hit by a train, in a head with a meteor, Halley's Comet is coming close. But you can go through these things.

If you're able to use it, it'll help you get rid of big chunks of garbage. If you say there's karma, there is karma. And as we set it up, it's action and reaction.

You can't work it out. What's working it out is creating karma for the future. You can get above it, see that it's nothing but my mind out there, and let it go.

You transcend karma, you don't work it out. Karma is taking the dictates of your agflap. That's another way of putting it.

Your agflap dictates all your thinking. Your thinking dictates all your actions. Well, I don't know who a psychologist is.

You agree to say this is my mother, this is my father, this is my sister, and this is my brother, and I am obligated to them because of that. And they say the same thing with you. When you get free, you have no attachments to your family any more than you have to anyone else.

See, holding someone in the mind so intently will bring you to that someone next time around. It can be love, it can be hate. We relate through love only.

We are projecting our minds out, seeing the world as we see it, and no one else sees it the way you see it. You think they do. But if you want to be with them because you're supposed to be with them or because mama's demanding it, that's not mutual.

Mama needs to release us, too. The birds know that. They push their young out of their nest.

[Speaker 6] (1:53:46 - 1:53:50)

We don't have a strong responsibility to brothers and sisters.

[Speaker 1] (1:53:51 - 1:54:12)

Right. Any more than you have to anyone else. You should love them.

Purely. Want them to have what they want. Now have illusions of 93 Rolls Royces.

Enjoy his having 93 Rolls Royces.

[Speaker 3] (1:54:16 - 1:54:27)

But in that there's also some kind of talk about going free and evolving. Talk. You have the right words.

[Speaker 1] (1:54:27 - 1:54:27)

Talk about it.

[Speaker 3] (1:54:28 - 1:54:47)

I guess my question is it's about the discrimination of you know, who's putting stuff out there in the world. I mean, that's worth listening to. I know that you're releasing and you discriminate upon it.

But I don't know. I'm not even sure what the question is.

[Speaker 1] (1:54:47 - 1:54:50)

It's a good question. You're asking me.

[Speaker 3] (1:54:52 - 1:54:57)

I'm asking you how do you know? How do you know who's got the good stuff?

[Speaker 1] (1:55:00 - 1:55:54)

I know. You've got it. Not Rajneesh.

You've got it. He wants to exploit people. You're higher than Rajneesh.

Would you do what he did? Someone wrote a book. If you meet your guru on a path, kill him.

If you want to go free, you've got to do that. If you want help and support that helps you remain crippled, you look for a guru, a master. But you are the master.

I'm just the baiter.

[Speaker 3] (1:55:57 - 1:56:03)

You know, it's kind of interesting that I know that it's like from a play.

[Speaker 1] (1:56:04 - 1:56:41)

All right. I'll answer your question. You can pose a master by his equal-mindedness.

You stop looking up to them. They're the same as anyone and everyone. Everyone turns out to be being this only.

They have less attachments and aversions than the average person. They have less agflat than the average person.

[Speaker 4] (1:56:41 - 1:56:42)

Someone like Jesus?

[Speaker 1] (1:56:47 - 1:57:41)

The 12 masters that mastered matter have mastered their bodies. They have consciously let go of their bodies in whatever manner they did it. They usually do it to help others get some understanding.

You're in your subtle body. The body you use in dream is your subtle body. It's your mind, not physical part of you.

Whatever you think is in dream, the more you help you, the more you help others unconsciously. But if you love them, you'll let them have what they want.

[Speaker 4] (1:57:51 - 1:57:55)

I have this last question. Should I just let go of one and figure out what that was?

[Speaker 1] (1:57:56 - 1:58:03)

Yeah. But don't mean a thing if it ain't got that swing.

[Speaker 5] (1:58:03 - 1:58:03)

All right.

[Speaker 1] (1:58:04 - 1:58:06)

It's up to you. Get out of your thoughts.

[Speaker 5] (1:58:07 - 1:58:09)

Okay. All right.

[Speaker 1] (1:58:11 - 1:59:34)

We want to transcend the thinking realm. You've heard me say again and again, thinking is every thought has limitation that we impose upon ourselves. When you're in your highest state, you're not thinking.

You're just being. You've experienced it. Remain there.

Or release the egg flap so that you can remain there. After which the world becomes totally effortless, totally effortless. All effort originates in the mind.

Beyond mind it's effortless. When you're so determined, you go free. Basic philosophy.

But I resolve that I wanted the totality of the good. If you do that, you let go of all the bad, all the limitations.

[Speaker 4] (1:59:34 - 1:59:36)

But you have to believe that so.

[Speaker 1] (1:59:36 - 2:01:55)

Not believe it. Decide so. Will it?

Will it to be? Every down to me was a wonderful opportunity to go up. You people look at downs and you hang on to the downs.

But every down is a marvelous opportunity to go up. I only know that which I can do, not say. There's another one that helped me.

I discovered how much we kid ourselves. If I could do it, then I knew I had it. I only know that which I can do, not that which I say.

But do you realize what every down is an opportunity to go up would do for you if you approached every down that way? You just release every down. And the first thing is step number one.

You've got to want it more than you want anything else in the world. I don't really take you through all the other steps very quickly. Everyone has exactly what he or she wants.

You like what you have. If you don't, release it.